

# BEANS, GREEN

## CANNED

for use in the USDA Household  
Commodity Food Distribution Programs

04/05/04

### Product Description

**Canned Green Beans** are whole, cut, or sliced lengthwise (French style).

### Pack/Yield

Green Beans are packed in a 15.5-ounce can, which yields about 2 ½-cup servings after cooking and draining.

### Storage

- Store unopened cans in a cool, dry place off the floor.
- Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten shelf life and speed deterioration.
- Store opened green beans in a tightly covered nonmetallic container and refrigerate. Use within 2 to 4 days.

### Uses

Serve canned green beans heated, or use in a variety of main dishes, soups, and salads.

### Preparation

- Canned green beans should be heated only to serving temperature and served soon after heating. Do not boil or overcook.
- Add flavor to canned green beans by seasoning with herbs and spices, including caraway, dill, or sage.



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- Serve green beans in combination with other vegetables, such as whole kernel corn, red peppers, cauliflower, broccoli, or onions.

### Nutrition Information

- ½ cup of green beans provides 1 serving from the **VEGETABLE GROUP** of the **Food Guide Pyramid**.

*(See recipes on reverse side)*

#### Nutrition Facts

Serving size ½ cup (67g) Canned Green Beans, cut style, heated, drained

#### Amount Per Serving

<b>Calories</b>	15	<b>Fat Cal</b>	0
<b>% Daily Value*</b>			
<b>Total Fat</b> 0g	0%		
Saturated Fat 0g	0%		
<b>Cholesterol</b> 0mg	0%		
<b>Sodium</b> 180mg	7%		
<b>Total Carbohydrate</b> 3g	1%		
Dietary Fiber 1g	4%		
<b>Protein</b> <1g			
Vitamin A 4%	Vitamin C 6%		
Calcium 0%	Iron 4%		

\*Percent Daily Values are based on a 2,000 calorie diet.

## Sautéed Green Beans

1 tablespoon vegetable oil  
1 small sweet onion, diced  
1 clove garlic, chopped  
¼ cup slivered almonds  
2 (15.5 ounce) cans green beans, drained  
salt and pepper to taste

1. Heat a large skillet over medium-high heat. Sauté the onion, garlic, and almonds in vegetable oil until onions are translucent, about 5 minutes.
2. Stir in green beans and season with salt and pepper.
3. Cover skillet with lid and cook for 3 minutes, stirring a few times so mixture doesn't burn.

*Recipe provided by Allrecipes.com*

**Makes 6 servings**

### Nutrition Information for each serving of Sautéed Green Beans:

Calories	60	Cholesterol	0 mg	Sugar	3 g	Calcium	40 mg
Calories from Fat	25	Sodium	480 g	Protein	2 g	Iron	1 mg
Total Fat	3 g	Total Carbohydrate	8 g	Vitamin A	150 RE		
Saturated Fat	0 g	Dietary Fiber	3 g	Vitamin C	9 mg		

## Cold Green Bean Salad

2 (15.5 ounce) cans green beans, drained  
1 red onion, sliced in rings  
1 (16 ounce) bottle lowfat Italian-style salad dressing

1. Place beans in a serving dish. Toss with onions and salad dressing.
2. Cover with plastic wrap, and chill for 1 hour.

**Makes 8 servings**

*Recipe provided by Allrecipes.com*

### Nutrition Information for each 1 cup serving of Cold Green Bean Salad:

Calories	80	Cholesterol	<5 mg	Sugar	4 g	Calcium	40 mg
Calories from Fat	50	Sodium	730 mg	Protein	1 g	Iron	1 g
Total Fat	6 g	Total Carbohydrate	8 g	Vitamin A	120 RE		
Saturated Fat	1 g	Dietary Fiber	2 g	Vitamin C	6 mg		

**These recipes, presented to you by USDA, have not been tested or standardized.**

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